



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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Teach Music Week is Here!

Studies show that the most important thing you can do for a young child is to expose them to music. Not just any music, classical music! Listening to music has been shown to have benefits in *older* adults as well. Music can help with memory, pain, & depression.

According to a 2020 study on brain health, “any type of musical engagement,” be it singing, dancing, playing an instrument, or listening to music appears to hold benefits for adults. So, the next time you’re feeling down, put on some music and move. Get out that old trumpet and blow a few notes. Turn up the radio & sing along. You’ll feel better! I promise!

Now for the important stuff.

The Week of March 16-22 is:

- American Chocolate Week
- Act Happy Week
- Teach Music Week
- Fix A Leak Week

Some celebrations only last a day:

- 16th**-Campfire Girls Day
- National Panda Day
- Lips Appreciation Day
- No Selfies Day
- National Corn Dog Day
- Everything You Do Is Right Day

17th-National Slime Day

- Campfire Day
- St. Patrick’s Day

18th-Awkward Moments Day

- Forgive Mom & Dad Day
- Sloppy Joe Day
- National Biodiesel Day
- Lacy Oatmeal Cookie Day
- Supreme Sacrifice Day

19th-National Certified Nurses Day

- Goddess of Fertility Day
- Chocolate Caramel Day
- Raspberry Day
- National Poultry Day
- National Backyard Day
- National Let’s Laugh Day

20th-Incredible Kid Day

- Great American Meat Out Day
- International Day of Happiness
- National Proposal Day
- Snowman Burning Day
- World Ravioli Day
- World Frog Day

21st-Gallo Wine Day

- National Common Courtesy Day
- National Fragrance Day
- National Healthy Fats Day
- National Spray Tanning Day
- World Poetry Day
- World Puppetry Day
- National Memory Day

22nd-39 & Holding Day
 As Young As You Feel Day
 National Goof-Off Day
 National Be Mad Day
 Talk Like William Shatner Day
 Walk in the Sand Day
 World Daffodil Day

Have a great week & call me if you need a ride to church.

Serving Him & Loving it!

Carol 😊

803-359-2470 or 803-360-7137

Luke 7:23 ~ "Blessed are those who are not offended by me."



Crabby Road 4-24-11

